

# Blue Ridge

VIRGINIA



Hello Blue Ridge MRC Volunteers!

Did you know 700,000 Americans suffer each year from a new or recurrent stroke? Or about every three minutes someone dies from a stroke? Or how it kills nearly 164,000 people year, averaging around 1 out of 15 deaths?

With strokes being the third leading cause of death (after heart disease and cancer), it is important for the public to be aware and inform their families, friends, and communities on the importance of prevention and aware of risk factors.

One reason that strokes are high is due to the lack of public awareness. To combat this issue, the month of May is National Stroke Awareness Month!

According to the American Stroke Association, risk factors such as high blood pressure and diabetes can increase chances of a stroke. Luckily, 80% of all strokes can be prevented!

By following the latest prevention guidelines and assessing with a doctor, you are on the path to preventing a future stroke!

1. Know your blood pressure (High blood pressure is a major risk if left untreated)
2. Identify atrial fibrillation (Afib). (Afib is an abnormal heartbeat that can increase your risk by 500%)

## MRC **Onnection** May 2011

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- Volunteer Recognition
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3. Stop Smoking
4. Monitor alcohol usage (No more than two drinks each day).
5. Know your cholesterol levels
6. Control diabetes (Many people with diabetes have health problems that are also stroke risk factors).
7. Exercise and diet (Excess weight strains the circulatory system)
8. Transient Ischemic Attack (TIA). A TIA is a temporary episode of stroke-like symptoms that can last a few minutes to 24 hours. Recognizing and treating a TIA can reduce stroke risk. Up to 40 percent of people who experience a TIA may have a stroke.

\*Source: National Stroke Association



Respectfully,

Lindsay Mackey

BRMRC Coordinator

**Thank you for Protecting Virginia's Health**

### Volunteer Training Recognition

- ★ The following MRC volunteers for completing the following Shelter Support Course in the beginning of April:

|              |                 |
|--------------|-----------------|
| Lou Martel   | Mildred McQueen |
| Mari Cedillo | Christy Brown   |

- ★ The following completed IS-22 Are you Ready? :  
Dr. George Wortley      Dee Dee Soyars  
Lou Martel                Tim Soyars

- ★ Bonnie Napierkowski  
-IS 242 a.- Effective Communication  
-IS 700- NIMS  
-VDH: Disaster Behavioral Health Overview for MRC Volunteers  
-IS 22- Are you Ready?

### A BIG Shout out to....



Lou Martel for helping again with stuffing and addressing letters!

**Tell your friends and family! MRC Volunteers may be called upon to dispense medications, administer vaccinations, provide care to evacuees living in emergency shelters, or assist in many other ways!**

## WELCOME

Please Welcome these New Blue Ridge MRC Volunteers!

|                  |                  |             |
|------------------|------------------|-------------|
| Tracy Baker      | Sanny Jabonete   | Linda Young |
| Susan Bates      | Janet Lancaster  |             |
| Christina Cherro | Melissa Mayberry |             |
| Ruby Childress   | Beth Mears       |             |
| Julianne Clark   | Melanie Newman   |             |
| Patti Fraser     | Dana Pflieger    |             |
| Sara Harp        | Yevonne Powers   |             |
| Jodi Harris      | Judith Robertson |             |
| Delores Schrock  | Michelle Skinner |             |
| Lucy Carter      | Aimie Williams   |             |

Did you know....!?



- ★ It is almost impossible to sneeze with your eyes open. It is a defense mechanism that has evolved to protect our eyes from bacteria and debris
- ★ When you take a step, you are using up to 200 muscles
- ★ Lack of water is the #1 trigger of daytime fatigue

**\*Please check the website for the most current newsletter and monthly calendars with courses and trainings and any announcements at [www.vamrc.org](http://www.vamrc.org)**

To become a VA MRC volunteer, apply at [www.vamrc.org](http://www.vamrc.org).

### What is the most violent storm in the U.S and is a risk for all states?

... **The answer is tornadoes.** The past month, Virginia experienced its second- deadliest year for tornadoes since records began in 1950.

After being hit with 15 tornados just last week, the National Weather Service and University of Virginia's Climatology Office confirmed it was "the fourth- biggest outbreak in modern records."

If you cannot get to a stable building and are in:

**Open buildings** (shopping malls, gymnasiums or civic centers): Try to get into the restroom or an interior hallway. If there is no time to seek shelter anywhere, seek shelter right where you are. Try to get up against something that will support or deflect falling debris and protect your head by covering with your arms.

**Automobiles:** Get out of your vehicle and try to find shelter inside a sturdy building. A ditch can provide shelter if a building is not nearby — lie down flat and cover your head with your hands.

**Do not** take shelter under a highway overpass or bridge.

**Outdoors:** Try to find shelter in nearby building. If no buildings are near, lie down flat in a ditch or depression and cover your head with your hands.

**Mobile homes:** Leave immediately from the mobile home and seek shelter inside a nearby sturdy building or lie down in a ditch away from your home, covering your head with your hands. (Mobile homes are extremely unsafe during tornadoes).



\*Source: FEMA website

### Emergency Preparedness and Response

#### Basic Disaster Life Support Course Opportunity!

- **Who:** This class is open to all volunteers. (Medical and non- medical)
- **When:** June 4<sup>th</sup> (Saturday) from 7:30 to 5:00pm
- **Where:** Lynchburg General Hospital at the First Colony Conference Room, Room #1
- **What:** The Blue Ridge MRC will be conducting a Basic Disaster Life Support Course (BDLS).
  - It is an American Medical Association(AMA) accredited Course
  - This AMA course will go over information on all types of hazards.
  - It aims to improve the care and coordination of response in disasters and other public health emergencies by developing a common approach and language among multiple disciplines in the health care community.

Have you begun your NIMS and ICS training courses?

MRC volunteers are strongly urged to fulfill the MRC core competency courses.

Begin taking the NIMS and ICS courses on VA TRAIN at [va.train.org](http://va.train.org)!



Join us at Blue Ridge Medical Reserve Corps!

To become a VA MRC volunteer, apply at [www.vamrc.org](http://www.vamrc.org).

### **Upcoming May/ June Events**

**\*May 14** (Sat.)-New Volunteer MRC Orientation

Time: 2-4pm

Place: The Private Dining Room at Lynchburg General Hospital. Look for VVHS Alert.

**May 25<sup>th</sup>** (Wed.)-New Volunteer MRC Orientation

Time: 7-9pm

Place: The Private Dining Room at Lynchburg General Hospital. Look for VVHS Alert.

**May 21-22<sup>nd</sup>**- Blue Angels. (Volunteers must have already signed up and confirmed their attendance).

**June 4<sup>th</sup>**- BDLS Course

Time: 7:30 to 5:00pm

Place: Lynchburg General Hospital: First Colony Conference Room- Room 1

**June 11<sup>th</sup>** (Sat.)-New Volunteer MRC Orientation

Time: 2-4pm

Place: The Private Dining Room at Lynchburg General Hospital. Look for VVHS Alert.

**June 29<sup>th</sup>** (Wed.)-New Volunteer MRC Orientation

Time: 7-9pm

Place: The Private Dining Room at Lynchburg General Hospital. Look for VVHS Alert.

**\* For new volunteers attending Orientation, please bring copies of any Healthcare licenses/ certifications you have and a copy of your Driver's license**

**➡ Remember to look at [www.vamrc.org](http://www.vamrc.org) , under Blue Ridge MRC for updated trainings/ events on our Calendar!**

#### **Address to Lynchburg General Hospital:**

Physical Address: 1900 Tate Springs Road, Lynchburg, Virginia, VA 24501

Go to: <http://lgh.centrahealth.com/about-us/general-information>

Any additional questions, email [Lindsay@vaems.org](mailto:Lindsay@vaems.org)

